

## Summer Triathlon Training at RSFC

**Developing Distance-** This class is perfect for triathletes, distance swimmers, master swimmers, or anyone looking to build up their endurance in the water. Join this class to learn tips to improve your technique for long distance or open water swims. You must be able to swim at least 200 yards of freestyle.

Mondays, Wednesdays, and Fridays 6:00-7:00AM (6/17-21, 6/24-28, 7/1-3, 7/8-12, 7/15-19, 7/22-26, 7/29-8/1, 8/5-9) **#43955**

\$98 members/ \$120 nonmembers

Mondays and Wednesdays 6:00-7:00AM (6/17&19, 6/24&26, 7/1&3, 7/8&10, 7/15&17, 7/22&24, 7/29&31, 8/5&7) **#43956**

\$76 members/ \$94 nonmembers

Mondays 6:00-7:00AM (6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5) **#43957**

\$44 members/ \$54 nonmembers

**Triathlon Swim Clinic-** Triathlon specific swim clinics are designed to develop endurance and speed with swim practice that focuses on proper breathing, stroke efficiency, technique drills, sighting, drafting, passing, mass start simulation, and close contact swimming. We will also discuss open water swim tips, various start and finish tips, and learn exercises to improve core and swim-specific strength.

Sundays 8:05-8:55AM (6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11) **#43950**

\$71 members/ \$80 nonmembers

**Triathlete Swim Speed Development-** These coached, structured workouts are designed to develop your speed and technique in open water environments, with a secondary focus on endurance. Participants are expected to already have attained a reasonable level of swim proficiency and be capable of swimming 200 meters freestyle without stopping.

Saturdays 6:30-8:00PM (6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10) **#43948**

\$106 members/ \$120 nonmembers

**Triathlete Swim Endurance Development-** These coached, structured workouts are designed to develop your endurance and technique for open water environments, with a secondary focus on developing speed. Participants are expected to already have attained a reasonable level of swim proficiency and be capable of swimming 200 meters freestyle without stopping.

Sundays 7:00-8:30PM (6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11) **#43949**

\$106 members/ \$120 nonmembers

**Triathlon 101-** Build up your swimming, biking and running skills in this class. Sessions are split between classroom presentations and outdoor triathlon skills practice. Learn how to train properly and develop a race day plan.

Saturdays 7:00-8:30AM (6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10) **#43954**

\$106 members/ \$120 nonmembers